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WARTBURG TRUMPET

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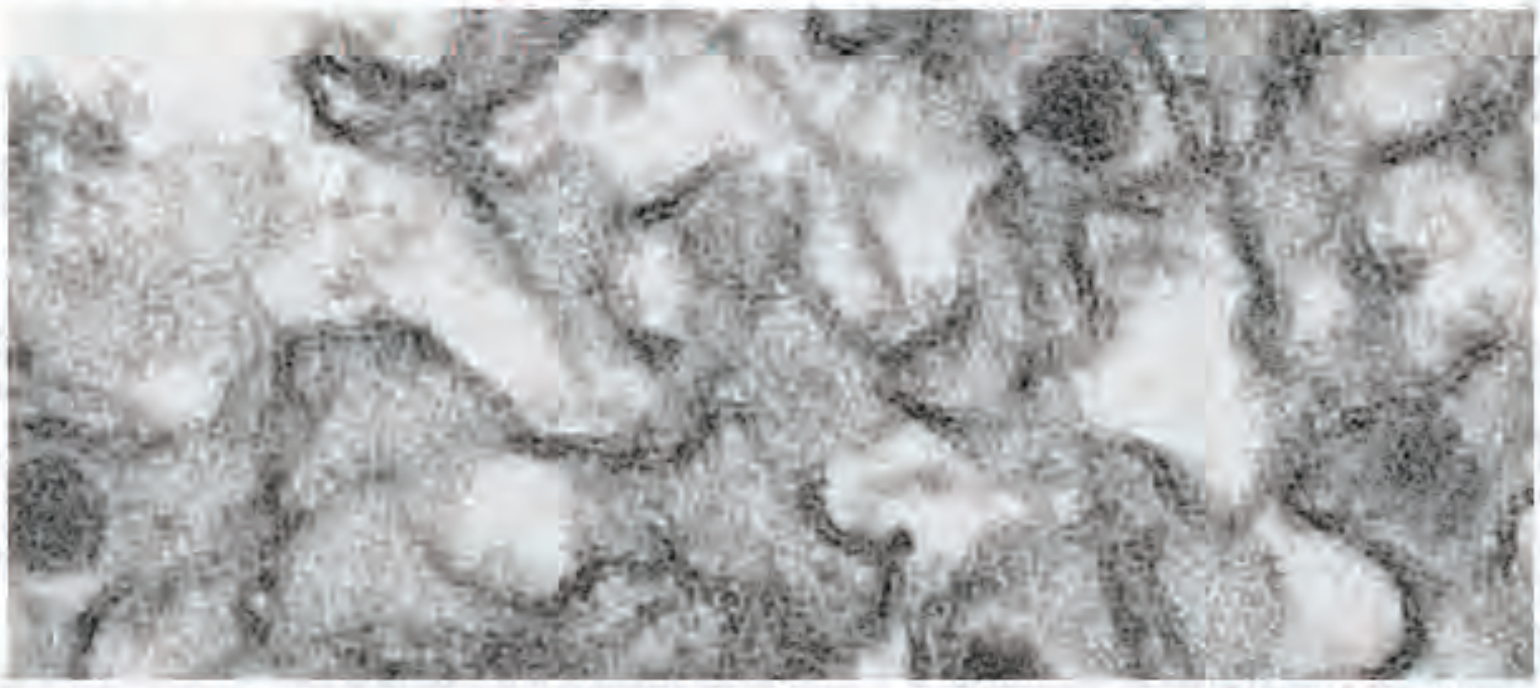
Watching Zika virus abroad



The Zika virus, as seen under a microscope, is causing travelers to take safety precautions in many countries. — Public Health Image Library

JEANNE EDSON STAFF WRITER
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Wartburg's Study Abroad Programs and its students are closely monitoring areas impacted by the Zika virus.

The virus is spread to most people through mosquito bites, according to the Centers for Disease Control (CDC).

The most common symptoms of the Zika virus are fever, rash, joint pain and red eyes.

The illness is usually mild, with symptoms lasting from several days to a week.

The CDC reports at least 35 cases reported in the U.S. have been travel related. Outbreaks have been recorded in 35 different countries, including Costa Rica, a popular May Term trip location.

"There are two May Term courses set to travel to Costa Rica, and as of now, there are no changes in plans, although we are following developments," Joyce Boss, co-director of study abroad programs, said.

"The CDC has issued a travel notice for Costa Rica, but so far the only two reported cases have been travelers who contracted the virus while outside of Costa Rica."

The Zika virus can be transmitted from a mother to her unborn child. Study abroad student Jessa Bidwell said she is not going to let the outbreak largely impact her semester in Costa Rica.

"I am concerned about getting sick, yes, but I understand that for adults the symptoms tend to stay manageable," she said.

"Though I am of childbearing age, I do not plan to have children anytime soon so until that happens, I won't be concerned about effects on unborn children, which seems to be the biggest threat right now."

At press time, Bidwell said she had not received any notice or warning from Wartburg regarding the reported Zika cases in Costa Rica.

Bidwell said she had received a notice from the U.S. Embassy regarding the CDC upgrading its advisories regarding the Zika virus and will plan accordingly to prevent any mosquito related transmission.

"I have been more wary of mosquitos and I will be wearing bug spray any time I travel around the forest," she said.

For the many students traveling to infected areas, Boss said faculty leaders will be working with students to ensure that everyone is informed on the best ways to prevent contracting the virus.

"If symptoms were to occur while the class is still in Costa Rica, immediate and appropriate medical care would be provided.

Students will be informed of symptoms that they should be aware of after they return and if they seek medical care for any reason after returning, they should inform their healthcare provider of their recent travels," Boss said.

For students preparing to travel abroad to one of the 35 countries with reported cases of Zika, Boss recommended reading up on the virus on the CDC website at www.cdc.gov for more information.

E-cigs gain popularity

MARK NALEPSKI STAFF WRITER
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E-cigarettes are becoming more and more popular around the country.

Wartburg has no policy on e-cigarettes, meaning students can smoke them wherever they want on campus.

Iowa State University recently added a policy against using e-cigarettes.

Director of campus security and safety John Myers said e-cigarettes include tobacco vaporizers as well.

Myers said Wartburg has a strict policy on cigarettes and cigars smoking on campus. Nobody can smoke either of those on campus, except for the designated smoking areas next to public streets.

Iowa passed the Smokefree Air Act in 2008 to outlaw smoking in public places. Myers said Wartburg then implemented their policy after this act was passed.

Myers said that in 1997 professors could smoke in their offices. At that time, students could also smoke in two separate dorms.

It took until the early 2000s for Wartburg to ban smoking in all dorm rooms, and eventually all places on campus were smoke-free.

Myers said a difference between e-cigarettes and cigarettes is the second hand smoke that cigarettes give off.

"So far we haven't had any complaints from people about e-cigarettes on campus.

"This being said, we have no reason to implement any policy for them," Myers said.

▸ E-cig usage trends p.3

Wartburg prepared for mumps outbreak

JESSICA GRANT STAFF WRITER
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An outbreak of mumps at the University of Iowa may have students wondering about what the chances are they could contract the highly contagious disease.

Although there is a chance that anyone could contract the disease if exposed to it, the chances of that happening are pretty slim, Physician Assistant Megan McMillin, provider at the Noah Campus Health Clinic, said.

"There was an outbreak at the University of Iowa in the fall, but if you've been vaccinated, obviously that greatly reduces your chance of getting it," McMillin said.

Students are required to have the MMR vaccine against mumps in order to attend Wartburg, McMillin added.

It is still possible to contract the disease even if you have the vaccine, but the chances are greatly reduced.

According to the Center for Disease Control, receiving two doses of the vaccine can be up to 95 percent effective at preventing mumps.

The odds of one happening on campus is very slim. If an outbreak were to happen at Wartburg, McMillin said it would be able to be controlled quickly.

"It is highly contagious. If we had someone we were suspicious of having mumps, we would be isolating them and not letting them have any contact with anyone at all, just because of the contagiousness," McMillin said.

If a student was diagnosed with mumps, she said she would strongly urge him or her to get off campus.

Mumps, in most cases, is not severe enough to require the affected person to be hospitalized.

Living in a dorm and being surrounded by so many people makes it easier for people to get sick, McMillin said.

"I think in general, for a college campus, the more we can wash our hands and get good sleep, to keep our bodies healthy...will decrease our chances of picking up something from someone else."

The symptoms of mumps are typically just mild forms of what you would experience with a cold, according to the Center for Disease Control.

However, this generally leads to the swelling of the parotitis glands, which are located under the ears on the sides of the neck.

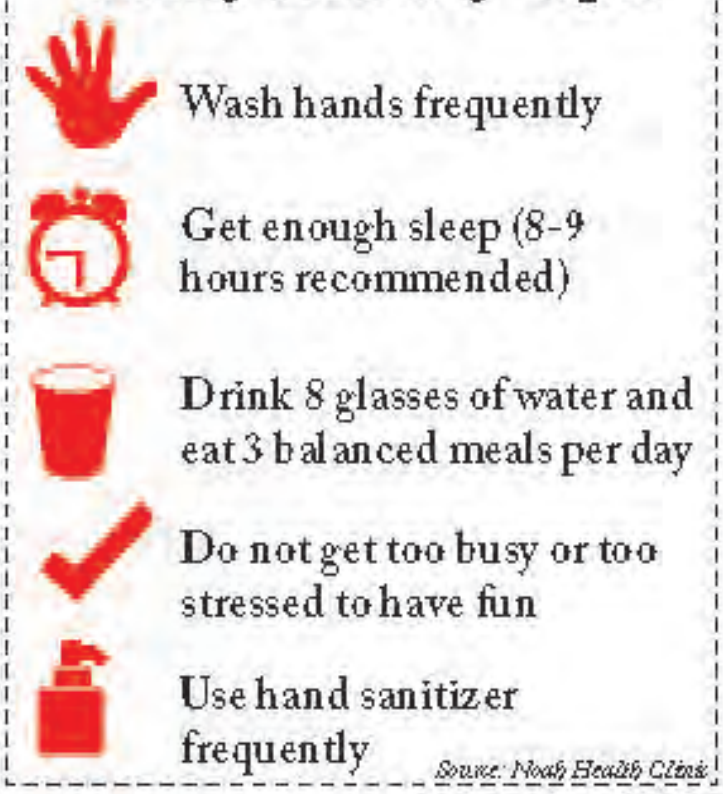
There is currently no treatment for mumps. The only thing that can be done is to treat the symptoms, McMillin said.

This could include taking Tylenol or ibuprofen to help alleviate body aches and a fever.

"Overall, I'm not too worried about mumps.

"Maybe we would see some cases of Mumps, but most people have been immunized. That greatly reduces the chances of an outbreak," McMillin said.

5 Stay Healthy Tips:



Source: Noah Health Clinic

Michelle Johnson/*TRUMPET*

Iran nuclear deal hits home

Amir Matoufi and his sister, Sanaz Matoufi, in their hometown of Tehran, Iran. The two are from the city which is being impacted by the nuclear deal between Iran and the United States.—**Submitted Photo**

ELIZABETH JEWITT *EDITOR-IN-CHIEF*
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Amir Matoufi, an international student from Tehran, Iran has been positively impacted by the improving relations between his home country and the United States through the Iran Nuclear Deal.

On July 15, 2015, several world powers and Iran agreed upon a comprehensive timeline that will dramatically reduce Iran's capabilities to produce enough materials to create nuclear warheads for at least ten years.

The Nuclear Deal will lift previous sanctions placed on Iran and will significantly improve relations between the United States and Iran.

Implementation will begin in early 2016.

While the sanctions were in place in Iran, the country experienced inflation that made it more difficult for middle class families to send their children abroad to study.

This inflation, combined with unforeseen taxes and bills when he arrived at Wartburg forced Matoufi to obtain a job on campus in dining services.

"It's getting even harder to distribute my academics with me working because it's all about the money for me now. I can't study if I don't have the money," Matoufi said.

"Make sure that when you come here, you have enough savings for yourself."
—Amir Matoufi

"When the deal happened, I have less stress on the days that I am working and I can focus more on my academics."

While many of the changes will not begin to affect Matoufi for at least a few months to a year due to the implementation process, he said that the biggest change from the deal was the new availability to receive money from his parents abroad.

"The dollar got cheaper so if I need money, I can ask my dad and he can send it to me.

"Also, I can actually receive money from my dad…if anything happens I can have my parents support me" Matoufi said.

One of the challenges international students face is that many high school diplomas, and often college degrees from foreign countries are not recognized by the United States.

If a student wishes to work outside of their home country, he or she needs to study in a country where degrees are universally accepted, such as the United States.

"After the sanctions, not many countries value our degrees, our academic scores, or community service. They don't think that's a real thing.

"When you receive a diploma from my country, [the U.S.] don't really accept it," Matoufi said.

Due to the U.S. not having normalized relationships with Iran, there is no embassy or consulate in Iran.

This makes it especially difficult for students wishing to study abroad to get permission from the United States to obtain a student visa.

"The application [for a student visa] is a long and rigorous process…It's time consuming and it's expensive and each country has a different relationship with our country.

"So those particular relationships can be highly influential in how many students get visas," Helen Leong, director of international student services, said.

For students applying from Iran, they have to apply from a different country with a U.S. embassy to complete the application process .

This is an extra hurdle that many families cannot afford, so they are not able to study in the U.S.

Matoufi said that one of the most important things for students looking to study in the U.S. is to make sure that you are financially ready for the move.

"Make sure that when you come here, you have enough savings for yourself.

"Work as much as you can and when you do, make sure that you're putting a portion of it into savings because most people when they come here from the Middle East, all they think about for the first year is fun,"

"Because of the struggles that we have here, make sure that your focus is only on your studies and working," Matonfi said.

According to Leong, one of the most important ways to support international students in Wartburg's community is through awareness of what is going on in the world.

"One of the joys and challenges of having students from all over the world study at Wartburg, especially when we have maybe one or two students from a specific country or region, is that everything that happens in the world has a very personal impact for someone on this campus.

"Sometimes we recognize that and sometimes we don't as a campus and as a community.

"It is a challenge for us to find ways to support and care for them on campus, but the number one step is just being aware that world politics and world events matter to those here in our community and have a very powerful impact for our students," Leong said.

From left to right: John Chui, Oda Nissen, Gabe Armstrong, and Amir Matoufi. Matoufi studied with the group in Hong Kong, China to get his degree in order to go to college in America. —**Submitted Photo**

Students help with Wartburg's Democratic caucus

Ella Newell helps local democrats register to vote at Wartburg's precinct during the Iowa caucus on Feb.1. —**Lucas Wendland**/*TRUMPET*

TAYLOR VOS *ASSISTANT NEWS EDITOR*
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A Democratic Caucus took place on Wartburg's campus last week and many people, including Wartburg students helped organize it.

Ella Newell, co-chair of the Political Action Committee at Wartburg's campus, helped organize, set up, and helped run the precinct that took place.

Newell was in charge of ward three and was very influential in bringing the caucus to campus.

"My mom was really involved in politics when I was younger and I would help her out with it," Newell said.

"She can't now because she's a judge but it felt really good to get back in the swing of things," she added.

Newell was one of the volunteers that helped register new voters.

The majority of the people there were first time voters or first time democratic voters.

In rush to get everyone registered, the precinct ran out of forms.

Newell was the one in charge to get more.

"I had to call every other precinct in the area because I had unknowingly handed out the last one, I had to wait for another precinct to bring me one copy so I could copy it," Newell said.

But there were more ways to get involved in the caucuses. Many students helped campaign for the candidates as well.

Jason Wells helped Bernie Sanders campaign by going door-to-door asking if people would like to learn about Sanders.

Wells also worked closely with the head of the precinct to encourage people to get out and vote.

"At the end of the day I'd like to think I helped convince people to go caucus and maybe even vote for Bernie," Wells said.

Across Iowa, the results came in with .2 percent of the vote and a one delegate lead for Hillary Clinton. There have been rumored cases of voter fraud and precincts where the flip of a coin decided the delegation.

"Although Hillary did technically win, I think it was a win for Bernie too because a mere few months ago he was over 40 points behind her," said Wells.

Newell said, "I expected the Republicans to end like it did. But for the Democrats it was not enough of a significant margin for Clinton to consider it a win."

Wells said that he would like to continue working with Sanders campaign.

"As of right now it's very up in the air whether he'll be the nominee or not, so for now it's just a waiting game," Wells said.

With a total of 141 voters attending the caucus on campus, many people considered it successful.

Newell said that there were over 70 new voters registered that night.

"It was a good experience and super successful, There was a sense of unity because we were all there for the same reason. We were all there to put in our vote for the future president," Newell said.

To learn more, check out the full story on wartburgcircuit.org

Moving to make TVs bulletin boards

ELLYN FELTON *NEWS EDITOR*
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Many Wartburg visitors have noticed a digital change around campus. Wartburg added televisions around campus and it took a lot of different departments to make the change happen.

Graham Garner, vice president for marketing and communications, said the change came after years of planning.

He said the idea originally came from some of the student leadership through the executive council and Student Senate. It was also impacted by individual departments who began adding monitors to their department.

With funding available from the student leadership programs, a vendor was found and the televisions purchased.

The system and televisions were set up around campus with the help of ITS, maintenance and the marketing and communication department.

Currently, there are seven monitors that are part of the integrated system.

The integrated system gives the college the ability to post and share the same information across campus.

Since adding the television monitors, people have been very positive about the change.

Many appreciate the ability to see updated information, especially when an event changes, Garner said.

Garner also said that some people who forgot to publish posters for an event the upcoming weekend were grateful they were able to get some last minute signage on the monitors.

According to Garner, the issue right now with people who want videos is sound.

On some televisions the sound is always playing, but they still aren't quite certain when it is appropriate and when it is not.

Todd Coleman, assistant vice president for admissions, said the TV outside admissions has been there since at least 2004 and does have audio.

Since the integrated system was added to the monitor, they added the names of people visiting campus.

"I asked that the names be added because we know how much the guests like the friendly atmosphere of campus, how much they like to feel welcome and as a way of reminding current students, faculty and staff that we have visitors on campus.

"In addition, it's a reminder that someone knows the person they might stop by to say 'hi,'" Coleman said.

"We want to work with whomever. Whether it's a student organization or an academic department, or anyone who wants to take advantage of this option," Garner said.

In the future, Garner said they want to add more monitors around campus.

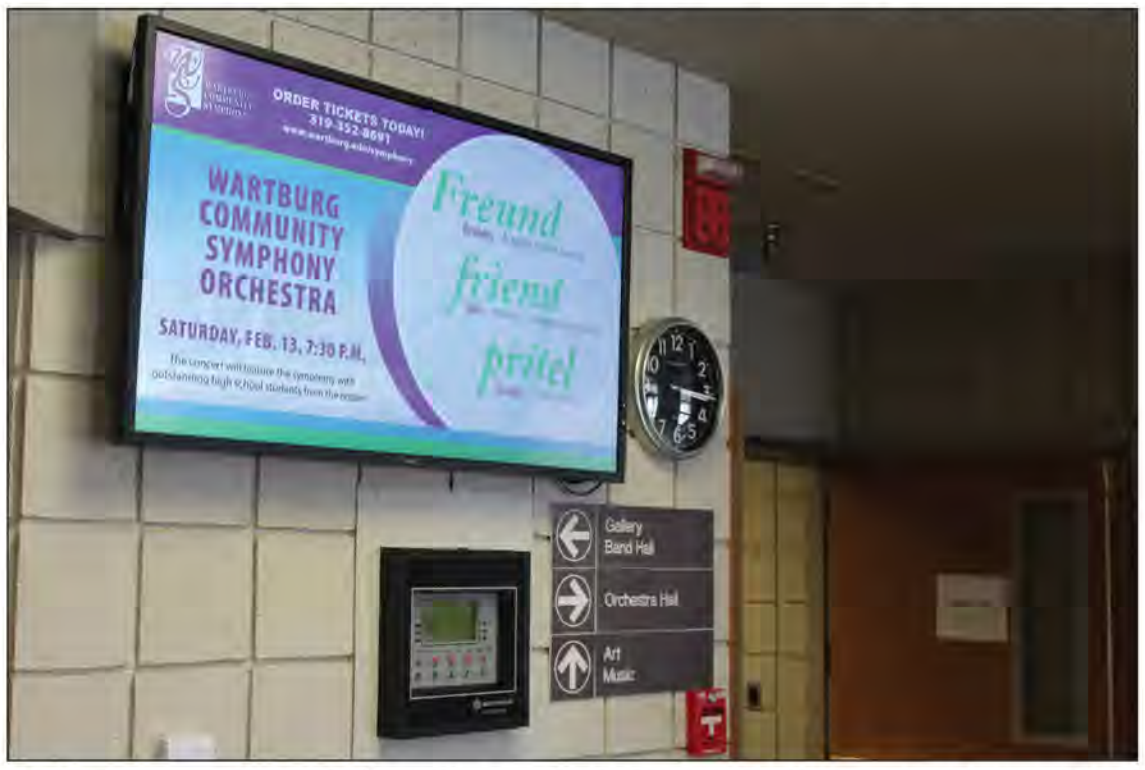
He said that they can also send out emergency alerts through the system and it will display on all of the televisions.

Garner said having more monitors will also make the content more attention getting.

Although it is a trade off going from old bulletin boards to digital signage, Garner said it will be more sustainable for the campus.

This comes with the ability to purchase the monitors and keep them for years, instead of posters that are taken down after a few weeks.

If you are interested in putting something on the monitors, you can contact marketing and communications' Chris Knudson, director of creative strategy.



The TVs are being put in high traffic areas like the FAC lobby, around the Mensa, and by admissions. This is used to market events to as many students as possible.—**Lucas Wendland**/*TRUMPET*

Are SRIs really effective?

A new study shows that students do not rate professors on teaching ability

TAYLOR VOS *ASSIST. NEWS EDITOR*
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A new study shows student evaluations of their teachers do not actually measure how effective their teaching is.

Instead, they show the gender bias of students' as well as their grade expectations.

However, Wartburg's SRIs tend not to show that bias Fred Ribich, the director of institutional research, said.

He said the biggest impact to SRI results revolves around the class size and expectation of the class.

"We do know that class size and level of motivation for taking a course have an impact on how a course tends to be rated," Ribich said.

The study from the University of California - Berkeley entitled "Student Evaluation of Teaching (Mostly) Do Not Measure Teaching Effectiveness" examined 23,001 student evaluations of teaching (SET).

They studied 4,423 students across several general education courses with 379 different professors.

The study found that male instructors get higher SET ratings on average even they are not as effective teachers compared to female instructors teaching the same course.

The problem then becomes students need to take SRIs seriously.

Alexander Staples said, "They are not useful and they don't really affect teacher opinion but they are made to look like they will actually make a difference. I don't understand why we have to take them."

SRIs are used for Essential Education courses to review feedback about the objective and purposes of the course. Teachers use them to find their strengths and weaknesses as teachers, Ribich said.

According to the study, much of what also throws off SET results is course grade expectation.

The higher the grade the student is expecting, the higher they will rate their teacher.

Ribich said class size makes the biggest difference when it comes to SRIs. The smaller the class size, the higher students rate the teacher.

The same goes for students looking forward to taking a course.

The higher the expectation for taking a class, the higher the teacher rating will be.

"The primary purpose for collecting student feedback is to support the development and improvement of teaching at Wartburg," Ribich said.

It is important for students to make honest and thoughtful comments about their experience in the course because it helps teachers learn what works and what does not for the class they are teaching, Ribich said.

Yet many students do not take the time to fill everything in.

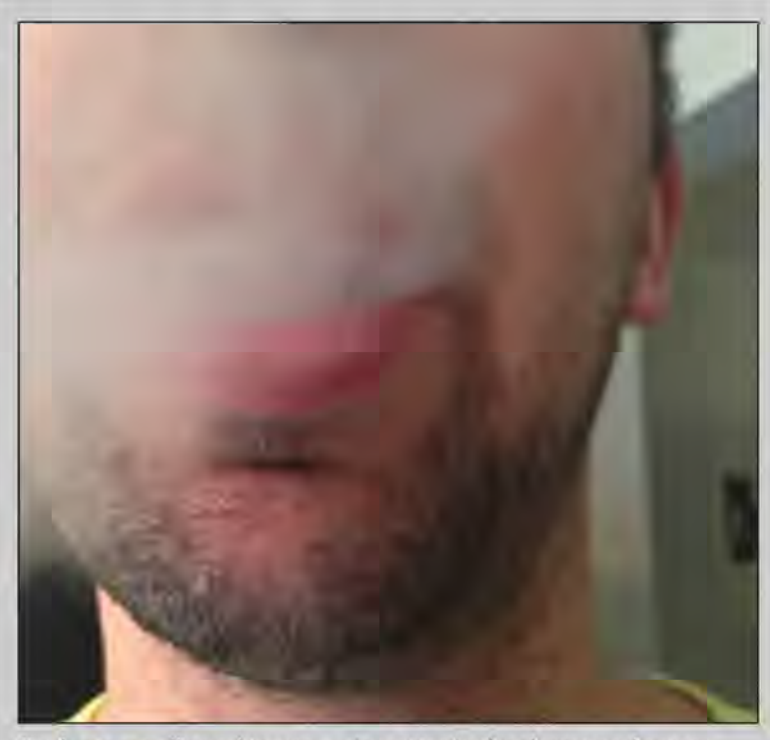
"It depends on the teacher," Cole Hauptman said. "There are some teachers I will actually take the time to fill out the full sheet but for others I don't bother."

Male vs. Female Instructors

- **Male instructors receive higher scores on average across the disciplines**
- **Students of male instructors tend to perform worse on the final than students of female instructors**
- **Male students tend to give significantly higher evaluations to male instructors**
- **Higher evaluation scores correlates with higher final exam grades**

Source: University of California - Berkeley

Michelle Johnson/*TRUMPET*



Students are allowed to use e-cigarettes in the dorms and across campus until determined unsafe. —**Mark Nalefski**/*TRUMPET*

E-cigs usage trends

Cont. from pg. 1

Sophomore Nick Waterhouse uses E-cigarettes, but he did not know that he could use them on campus.

"I guess I just thought they were in the same category as cigarettes so you couldn't smoke them on campus," Waterhouse said.

Waterhouse said it does make sense that they would be allowed because they do not give off secondhand smoke like cigarettes do.

"From what I've seen they're better for you than cigarettes," Waterhouse said.

E-cigarettes are not causing any safety issues on campus, Myers said.

He said that if there were any issues, they may have to think about making a policy about e-cigarettes.

Myers said that if the college decided to go substance-free, e-cigarettes would have to be banned on campus.

"Right now there is no problem with them, and until there is a problem we won't need to do anything about them," Myers said.

Myers said a lot of the science is still out there to determine the harmful effects of e-cigarettes.

"I never thought much about it but maybe I'll bring my e-cig with me when I walk to class," Waterhouse said.

A letter to my Yik Yak bully

KAITLYN WILLIAMS OPINED EDITOR
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Two weeks ago I was bullied.

It happens. We all get bullied for things. Growing up, I had a lisp and others made fun of for how I talk. This was different though. This was anonymous.

As technology and social media grows, we see an increase in the use of newer apps.

One app with a lot of controversy is Yik Yak.

For those who don't know, Yik Yak is an anonymous app that allows you to post to "herds" based on your location.

It's generally found on college campuses and used to see where people are going, or to complain about that professor that gives too much homework.

Once in awhile though, things about certain people get posted and it's not always nice.

This is what happened to me.

It started with a post commenting on how I dress with someone else chiming in and agreeing with the original poster. Then another person took it even further and that's when it began spiraling out of control. Instead of insulting my wardrobe, they began insulting my personality.

I can live with a few people not liking who I am; after all you can't make everybody like you.

But, when it got to the point that somebody said I basically just suck to work with, it got to me.

Over the next few days, there were many more negative "yaks" about me that circulated.

I'm sure I'm not the first person this has happened too and I know I probably won't be the last, but it affected me in a terrible way.

Less than a year ago, I was finally diagnosed with the depression and anxiety, that I have been struggling with my entire life. After I began taking medication, I began to feel more like the person I knew I could be.

When all this happened two weeks ago, I felt completely unstable for the first time in nearly a year and that was a scary feeling.

With my depression, it is extremely difficult for me to see my support systems and the bright side of things, but I saw it through this.

I saw all the support and kind people posting on the same app that got me down in the first place. I saw my friends going out of their way to make sure I was truly okay. I saw all the kind smiles of people approaching me with support in the halls.

—Michelle Johnson/ *TRUMPET*

It may have taken anonymous bullying, but now I see the amazing support system of professors, friends and fellow students I have on campus.

So to my Yik Yak bully, you and a few other people may not like how I dress or may think I suck to work with, but I have a large amount of people supporting me.

You're the one that has to anonymously bully people to make yourself feel better. I feel sorry for you.

Student Spotlight

Alec Ostrander

Third-year engineering and computer science major from Buffalo Center, Iowa.

Campus involvement includes: Engineering Club, Habitat for Humanity, symphonic band, Spiritual Life & Campus Ministry

Dream Vacation:
Mountain dimbing.

Favorite Place on Campus:
A specific table in the K-dit.

Hidden Talent:
Bowling.

Waffles or Pancakes:
Anything my dad makes.

Interesting Hobby:
Pheasant hunting.

Spirit Animal:
Dr. Daniel Black.

Coke or Pepsi:
Coke.

Favorite Musician:
Sidewalk Prophets.

Ice Cream Flavor:
Cookies & Cream.

Cats or Dogs:
Definitely dogs.

Burg Blurbs

When you take a 10 minute study break and it ends up lasting an entire semester. #Doooo.

Just saw a robin. Spring is coming!

Going to steal a salt shaker from the Mensa and salt my own way to class

Burg Blurbs are compiled from Twitter, Facebook and Yik Yak.

Journalism isn't easy

TYLER FRENCH GUEST COLUMNIST
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Tyler French works in KWAR as a part of his major. He said he spends a lot of time covering sporting events. — Submitted photo

On almost a weekly basis it is tough not to hear the words, "but being a journalism major is easy."

This one sentence is enough to put me in a foul mood.

That statement is filled with complete disrespect and is false. I can tell you that if you think journalism is easy, you're wrong.

For those of you that don't know me, I am a sophomore journalism and communication major with emphasis in both multimedia journalism and public relations.

On campus, I work for both Knight Vision Sports and KWAR. I also write for the Trumpet and am a member of PRSSA.

When people tell me that my major is easy, I take it as a huge personal insult. Many people do not realize just how much time and personal commitment this major really requires.

For many people in the major, four days out of their week begin at 4:30 a.m. in preparation for "Cedar Valley Today." Then comes class, meetings and homework.

The day often extends into the evening in order to do interviews, editing or to cover events with Knight Vision Sports.

For my own personal time commitment, you would have to understand that on nearly every Saturday during the school year I am working.

From football season during the fall to covering basketball in the winter, I have covered a lot of Saturday events.

My average Saturday begins with doing homework or game notes in the morning. I then proceed to the McElroy Center to either make crew call or to check out equipment. I then spend the next six to nine hours covering either home or road sporting events.

During this school year I have covered events in three different states and have been on the campus of nearly every school in the Iowa Conference.

I have also had work days of 20 hours, 19 hours, 15 hours, and several 9-12 hour days. A short work day for me is around six hours, which is more than most student employees at Wartburg work in a day.

Journalism is one of the majors that you have to be involved with co-curriculars in order to have strong appeal to potential employers.

I love everything about what I do and I know that other people do as well.

We put in the endless hours, not just because it will help prepare us for our future, but it is because we truly enjoy our major and work.

Because of my hard work I received both first and third place for Best Sports Broadcast at the 2015-2016 Iowa College Media Association Awards. This is something that I am incredibly proud of, but is demeaned when I am told that my major is easy.

When you tell us that our major is easy, you are telling us that our hard work means nothing.

You are telling us that the hours we put in are worthless. You are telling us that our major is something that anyone could do. And yes, people will find that insulting.

I am living my dream and working towards an incredible future for myself. Don't tell me that what I'm doing is easy and isn't challenging, because you would be wrong.

So, is journalism easy? No, but I wouldn't have it any other way.

TRUMPET

PRODUCED WEEKLY BY STUDENTS AT WARTBURG COLLEGE, 100 WARTBURG BLVD. WAVERLY, IOWA 50677

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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 400 words, submitted by 3 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to elizabeth.jowitt@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Meet the candidates of 2016

Tyler Vogel is running for student body president and Hannah Creed for vice president. Students must cast their vote by midnight Friday, Feb. 12. — **Submitted photo**

Alex Gheysens is running for student body president and Hannah Haage for vice president. Students must cast their vote by midnight Friday, Feb. 12. — **Submitted photo**

MAYA WEATHERALL *KNIGHTLIFE EDITOR*
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Q: What inspired you to run for the student body elections?

Alex Gheysens: I have served in different positions on Senate since I was a first-year, so the idea has always been in the back of my mind. But it wasn't until my roommates and friends encouraged me to run, that I decided to actually do it. Knowing that they had confidence in me to lead the student body gave me the encouragement to take that leap. I feel like I have a multitude of experiences and an extended network at Wartburg that will serve me well in this role.

Tyler Vogel: I remember freshman year getting into Senate and I think it was this awesome opportunity. I was looking to serve on cabinet that year, through the next three years I was on the executive team and gained experience and just really loved how much Senate really helps the student body and how lucky we are that Wartburg has such an active student government that can provide services for students.

Q: **What are the main issues you want to focus on?**

Hannah Haage: The same issue here is tuition increases, and different financial things that are going around campus. A lot of students have issues of not knowing what is going on. I think that is where the whole idea of transparency really fits in. Also increasing the relationship and communication between the student body and Student Senate and between faculty, staff, and administration across campus. Even though there are issues that can be resolved, it is still good to have students in the loop.

Hannah Creed: We divided our campaign into four goals. One is student awareness on resources and information. The second is collaboration and the third one is transparency between Student Senate and student engagement. For awareness, Wartburg has a lot of opportunities, like ELITE in the library for students to check out equipment. Facility hours because not many people know about when places close. Tyler is a part of the library advisory board, which helps him get an inside look at these issues.

Q: How will you both implement these goals next year?

Haage: We have been planning since October to be able to run which is awesome. Alex and I have been working the goals we have for the student body. One thing we are really excited about is being able to plan these ahead of time and make them known to the people who are in senate, to the people who will be on our exec team and to the student body. So not only do we have personal goals, but other people will know can keep us accountable so we can get things done.

Vogel: One of the biggest things we want to work on with the awareness on student resources, is we want to help partner with Dean Kittle and do a space assessment of campus. Especially in the library there are lot of places where it is underutilized. A lot of our competitive colleges and universities have more late night study options, because once it becomes midnight you have to go back to your dorm and compete for study lounges.

Q: Do you have a motto or a saying?

Gheysens: Our motto is "Less Talk, More Action." We feel like many promises are made during any election, but these are often not followed through. We hold ourselves to a high standard and will walk the talk. We believe actions speak louder than words, and we can't wait to show the student body what we have in store for them.

Q: Why should students vote for you?

Haage: We have been friends since freshmen year, we were in the same IS class and moved in on the same day, so that brings something really cool to the table because we already have that connection. We just hope people will vote for us and put their trust in us that we will be able to do a good job and get things done here on campus.

Vogel and Creed: The amount of experience we have had with the student body. Hannah is one of the leaders that always speaks up for students. We both have had experience in the executive team.

Students will recieve an email to cast their vote for the candidates. They must send in their vote by midnight on Friday, Feb. 12.

Vagina monologues: a story about women

"Vagina Monologues" are stories about sexual abuse, domestic violence and sexual pleasure. All donations will be donated to Cedar Valley Friends of the Family. — **Lucas Wenland**/*TRUMPET*

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Ten years later, there is still controversy surrounding the "Vagina Monologues" and the V-day campaign.

The idea behind the "Vagina Monologues" is empowerment and human rights. This year's campaign was focused on how more men can be involved and how it is important to incorporate men as allies.

"Rules for the monologues are becoming more inclusive to all women because not all women have a vagina," Ella Newell said.

"Rules for the monologues are becoming more inclusive to all women"
— Ella Newell

She said there are more transgender women.

The V-Day campaign works with the organization One Billion Rising to put forward a global action to end violence against women.

Eve Ensler started the foundation along with the "Vagina Monologues" and the V-Day Movement.

The V-day campaign at Wartburg was started by Sonci Kingery.

The V-Day movement was important to Kingery because she believed sexual abuse needed to be addressed. So, she and a group of students, made it a part of Wartburg's annual events.

Participation in this year's "Vagina Monologues" was the highest it has been.

There were approximately 30 women involved when there is usually only about 20 participants. Participants are important for sustaining financial support.

Money raised by this year's "Vagina Monologues" goes to Cedar Valley Friends of the Family to help victims of abuse.

"Education is needed in order to get rid of the taboo around the word 'vagina,'" Monica Sieg said.

Another goal is to improve education .

One in three women will be raped or beaten in their lifetime, according to a UN report.

The Vagina Monologues start the conversation about these topics, along with the ingrained sexism women face in everyday life, Newell said.

The Winter 2016 Career, Internship & Graduate School Fair

Tuesday, February 23rd
11:00 a.m. - 2:00 p.m.

The W (Hall of Champions)

For more information contact
Jo Dorrance at
jo.dorrance@wartburg.edu

The Career, Internship & Graduate School Fair is co-sponsored by the Center for Community Engagement and the Pathways Center

Wartburg offers many opportunities for students to study abroad in several different countries. Programs are offered in about 30 countries including Germany, Spain and Costa Rica (above). — Submitted Photo

More studying abroad

National average of students studying abroad increases by 5.2 percent

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Studying abroad is a popular option among Wartburg students. Over the past few years, it has become even more popular nationally and at Wartburg.

According to NAFSA, the Association of International Educators, the number of students studying abroad has increased enormously over the past few years.

NAFSA reported a 5.2 percent increase in study abroad participants for the 2013-2014 school year.

Kathy Traetow, the study abroad programs office coordinator, said the office has seen relatively consistent numbers over the years.

"If you have looked at NAFSA, which Wartburg's study abroad is a member of, you know that short term study abroad accounts for increases in study abroad programs. This is true at Wartburg and nationally," said Traetow.

Traetow said anywhere from 175-225 Wartburg students travel abroad each year. This number includes semester students as well as May Term students going abroad.

As mentioned in their strategic plan for 2010-2020, Wartburg College places a high value on the intercultural experience.

"Going abroad is now more important than ever before. Because of our ever-changing global society, we must equip students to gain insights and understandings in cultures different than their own.

"In a recent NAFSA post, a Forbes article was shared which recognizes that the next generation of American business leaders needs to be truly bicultural and that in order to achieve this, study abroad is a must," Traetow said.

Zak Montgomery, Spanish professor at Wartburg, agreed with Traetow and said this is true for all majors.

"Studying abroad allows students to broaden their horizons, understand their own cultures through a new lens, and create relationships with people across the globe. The language skills students gain from many of our programs are very marketable when they apply for graduate school or jobs," Montgomery said.

Montgomery said he has seen an ever-growing increase in semester and short term study abroad participation over the past seven years he's been teaching.

"I think in general students see a value added for doing a study abroad semester, and they like the fact that most majors can double major in a language and something else, study abroad for a semester, and still graduate in four years," Montgomery said.

Montgomery said typically 35-50 students per year study in a Spanish-speaking country. This year there are about 30 going to Costa Rica in May, and nine doing a semester program in Spain and Costa Rica.

Next year, there will be 15 Spanish majors studying abroad for a semester.

Both Traetow and Montgomery said many students have a common misconception that they cannot afford to study abroad.

"The reality is we offer many opportunities for study abroad and some sites can be very comparable to the cost of staying on campus with the addition of a flight purchase.

"Students may also believe they will not be able to receive the course work abroad to fulfill their degree requirements. However, if we begin the planning process early enough, that is rarely an issue," Traetow said.

For more information on studying abroad at Wartburg visit the study abroad office in WBC 118.

Bockenstedt to leave Wartburg

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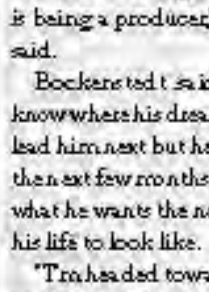
Travis Bockenstedt recently announced he will be leaving Wartburg at the end of the school year. Bockenstedt said he has some unfinished business in life and has been thinking heavily about his decision to leave Wartburg for about a year.



Travis Bockenstedt

"I was only hired as an interim so I wasn't expecting to get a full-time job and teach at Wartburg, but the stars kind of aligned. They opened up the job, asked me to apply and I ended up getting the position," Bockenstedt said.

Bockenstedt graduated from Wartburg College in 2009. He spent his time after graduation working in the television industry with KCRG, KWWL and Metro Studios in Hiawatha. Bockenstedt has been at Wartburg five years.

"I had to make a really tough decision. We talk a lot at Wartburg about finding and discovering our calling and I really believe in our mission. Unfortunately, our mission has called me to continue to follow a calling in my life which is being a producer," Bockenstedt said.

Bockenstedt said he does not know where his dreams are going to lead him next but he will be taking the next few months to think about what he wants the next few years of his life to look like.

"I'm headed towards the big 30 and I'm really starting to think about my life. I know for sure I'm going to pursue a career in social video production, online marketing and video. Those are my really big passions. I want to explore digital content production and producing content for blogs, social media and all those different channels," Bockenstedt said.

In five years at Wartburg, Bockenstedt has served as a mentor for several students. One of his current students, Molly Zmudka, third-year journalism and communication student, worked with Bockenstedt through "Cedar Valley Today," as well as Knight Vision Sports. She also had him as a professor for several different classes.

"Travis has been an important part of my Wartburg career. He has acted as a professor, employer and mentor to me, teaching me more than I could have ever imagined.

"Travis has left a positive mark on the journalism and communication department and will be missed by students and faculty alike," Zmudka said.

Bockenstedt would like to recognize the Wartburg journalism and communications Department for an outstanding group of mentors who challenge students to be creative and entrepreneurial.

"This has been an amazing experience. I have enjoyed the classroom so much but more than anything I've enjoyed having an open door office. I've helped students with things from small crises to talking about how to find their dream job someday.

"That personal one on one with students is something that I will miss more than anything," Bockenstedt said.

Bockenstedt said he is focused on making his last semester here the best. He also said he wants to give 110 percent to his students and he is focused on leaving this place better than he found it.

"Every place you work, if you're passionate about it, you want to leave a bit of legacy and something you can be proud of. I'm very proud of "Cedar Valley Today" and Knight Vision and what our entire team has done," Bockenstedt said.

Wartburg is going to rehire Bockenstedt's position. Bockenstedt said though it would be a conflict of interest for to him to serve on the hiring committee, he will be helping out as much as possible to try and find great candidates to replace him.

"Wartburg is such a great place. I don't think we'll struggle with finding someone who wants to start their own legacy here," Bockenstedt said.

Love Your Melon sets new 600 hat goal

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The Wartburg Love Your Melon chapter has announced their new goal to sell 600 hats.

The chapter is a crew of 27 students dedicated to giving a hat to every child battling cancer.

Love Your Melon is an apparel brand run by college students across the United States who sell hats and other apparel items in order to make their dream come true.

On Saturday, Jan. 23, Wartburg Love Your Melon members set up at the Chokey Hankenius track meet for fans to stop by and purchase a hat.

The same day, Wartburg Love Your Melon also announced their new goal.

"Our goal as a chapter is to sell 600 hats by the beginning of June," Anne Buscher, social media executive of the Wartburg Love Your Melon Chapter, said.

That only leaves the rest of the semester and May Term for students and community members to help them reach their goal.

The crew is over halfway there with 328 hats already sold.

"We will be selling at numerous events throughout the semester."

-Anne Buscher

"Love Your Melon is partnered with CureSearch and The Pinky Swear Foundation to join in the fight against cancer. We will be selling at numerous events throughout the semester to give Wartburg students the opportunity to join in the fight as well," Buscher said.

Buscher said hats can be purchased online at www.loveyourmelon.com.

"Make sure to credit the Wartburg College chapter during checkout or your purchase will not count toward the goal. Hats can also be purchased on campus while supplies last," Buscher said.

Love Your Melon will also be selling at sports events throughout the semester as well as the Wartburg College Dance Marathon event on March 12.

"Our goal for Dance Marathon is to put a hat on the head of each child who comes to the event," Rachelle Markowitz, Wartburg Love Your Melon crew member, said.

Students can contact Love Your Melon President Breann Bader at breann.bader@wartburg.edu or Social Media Executive Anne Buscher at anne.buscher@wartburg.edu to get involved.

Love Your Melon crew members with "super hero," Elliot Sundblad who officially beat cancer on April 7, 2015. — Submitted Photo

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Track and field stays home for indoor season

RILEY COLE *SPORTS EDITOR*
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While the track and field season is in full swing, the Wartburg track and field team has had several of their indoor meets on their home track.

This season, Wartburg hosts four of the seven regular season indoor meets.

"It's nice to compete in the place where you are practicing at," Cody Snider said. "It's nice because you feel at home.

Dakota Tell and Snider said one of the drawbacks to having several home meets is not experiencing other competition, especially those in the area the team may see at the national tournament in March.

Nick Hageman competes at the 2016 Chelsey M. Henkenius Open. The Knights have had four home meets this season. — **Riley Cole**/*TRUMPET*

Wartburg's men's and women's teams have won two out of the three meets they have hosted so far. Tell said this is because of the field of competitors.

"I wish we had more competition at our home meets," Tell said. "It would be to our advantage."

Because of the team's mostly home schedule, the track and field team has more time to bond with each other, Tell and Snider said.

Even though there are less road trips to away meets, Snider said the team has a strong chemistry.

"Our team is so close," Snider said. "We are always hanging out with each other, so we definitely do not miss out on any team bonding."

At the Division III Indoor Track and Field Championships in March, the Knights' performances are impacted by their home schedule during the regular season, Tell and Snider said.

Snider said the team struggles with adjusting to weather environments, especially last year since the championships were in North Carolina.

Tell, on the other hand, said the orange and black get worked up over the national tournament being so far from home.

"Sometimes people get caught up in having the home advantage," Tell said.

"So that when you get out to other meets and are running in a different area and on a different track with different surroundings and more competition, people tend to psych themselves out."

From a lack of competition to impacts on the team's performance at nationals, Wartburg's indoor track and field schedule has some benefits by being home.

Victoria Kapnisis competes in the women's weight throw at the Chelsey M. Henkenius Open. The Knights have one more home meet later this month before the conference meet. — **Riley Cole**/*TRUMPET*

Tell said one of the benefits is being able to stick to a normal routine on meet day.

"When we have home meets, we get to sleep in and eat breakfast in the Mensa," Tell said.

"It's more relaxing and you're not sitting on a bus not eating certain types of foods."

As for Snider, his reason for enjoying home meets hits a little closer to home.

"My family lives close, so I can always see them when we have a home meet," Snider said.

While one home meet remains on Wartburg's indoor track and field schedule, Snider is thankful for the opportunity to run inside a familiar facility.

"It's a blessing," Snider said. "Sometimes it could get a little boring for people, but it's a blessing for our team, because we know exactly what we are doing."

The final home meet of the indoor season will be the on Saturday, Feb. 20.

New strategy helps laundry organize uniforms

ERICA DYNES *ASST. SPORTS EDITOR*
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When a student athlete is done training for the day or done with a meet or game, they put their training clothes or uniform on a colored laundry loop.

This loop goes directly to the laundry services specifically for the student-athletes.

Mike Strydom, equipment manager, said the students and staff working in the laundry room have to responsible, trustworthy and organized.

"Whether you're sick, sore or tired there is no back up for you," Strydom said. "If you don't get the job done, nobody is going to get the job done. Then, all of our athletes are out for the next day."

Alyson O'Brian, student manager, said the night shift starts at around 6 p.m. and goes until the laundry is done, which is usually around midnight.

The busiest seasons are normally when sports seasons overlap such as when fall sports are finishing up and winter sports are just starting.

The flexibility of working in laundry is a perk of the job O'Brian said.

"You are sort of on your own and independent. You work at your own pace and your own time," O'Brian said.

Megan Doty puts in a new load of laundry. —**Erica Dynes**/*TRUMPET*

But despite the flexibility, it can also be a high pressure job.

"You don't want to mess people's things up, because they're all things people own," O'Brian said. "You want to make sure it's done right and they all get their stuff returned to them."

Strydom said they do approximately 750 laundry loops a night.

"When you got 750 loops sometimes mistakes happen," Strydom said.

To help minimize those mistakes, Strydom said they have a new strategy to help them with keeping track of uniforms.

In the past, whoever was working would be in charge of managing the laundry for all of the sports teams.

This year, workers are assigned to a specific team to do uniform laundry.

Strydom said by having a new line of communication going through the team, they are able to discover problems more quickly.

Megan Doty does uniform laundry for the baseball team and said she likes the new system they have in place compared to last year.

"If any of the players lose something, they come to who's in charge of their team," Doty said. "It's easier communication wise."

Strydom said the extra communication makes the workers and staff feel like they are part of the team.

"People kind of wondered who the little elves were at night doing the job. Now they've got a face to put with it," Strydom said. "We love being a part of the teams."

Cannon gets 1,000 points

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Jordan Cannon became the 30th member of Wartburg's 1,000 career point club, as he scored 31 points.

Cannon also became the player to accomplish reaching the 1,000 point mark in the least amount of games at 72 in three seasons.

Three Knights also scored double digits as Nick Webber scored 16 points, Nate Woeste scored 11 and Cam Kickbush scored 10.

The orange and black took a 47-32 lead into the locker room at halftime.

Even though the Storm outscored them 55-48 in the second half, it was not enough as the Knights took home a win 95-87.

The women's basketball team was also victorious over Simpson winning, 77-61.

Katie Sommer, Aryn Jones and Morgan Neuendorf led Wartburg with 27, 20 and 10 points, respectively.

Sommer tied her career best of 27 points and Jones led the team with seven rebounds.

With the win, the Knights moved to 14-6 overall and 4-5 in IIAC games.

The victory helped Wartburg complete the season sweep over the Storm.

A 21-point second quarter from the Knights helped them extend their margin to double digits, which they did not relinquish for the remainder of the game as they led 37-23 at halftime.

On Saturday, both teams were also victorious over the Kohawks with the men winning, 93-70 and the women winning 62-53.

On the men's team, Clifton Brown scored double digits with 20.

Joining him in the double digit scores were Nate Woeste with 14 points. Jordan Cannon and Nick Webber with 11 points each, and Ty Putchio with 10 points.

The Knights led at halftime, 50-34 and even outscored the Kohawks in the second half 43-36.

On the women's team, Morgan Neuendorf led the Knights by scoring 17 points. Katie Sommer followed with 15 while Aryn Jones had 12.

After tying in the first quarter 10-10, the Knights outscored the Kohawks in the second quarter 21-5.

In the third and fourth quarter, the Knights were outscored by the Kohawks 19-20 and 12-18 as the Knights got the win.

With both wins the women are now 15-5 overall and the men are 12-9 overall for the season. Both teams are now 5-5 in the Iowa Conference.

The Knights will return to the court on Wednesday, Feb. 10th against the Loras College Duhawks.

The women's team will play at 6 p.m. with the men will following at 8 p.m. in Levick Arena.

Knights continue careers

Wartburg's Logan Schrader and Clay Cook signed with teams last week to continue their football and basketball careers respectively. Schrader is heading over seas to sign with Kiel Baltic Hurricanes in Germany to play quarterback. Cook will play for the Cedar Valley Court Kings in Waterloo. Cook graduated from Wartburg in May 2015, Schrader graduates this May.

During his last season wearing the orange and black, Logan Schrader passed for 2,725 yards, scored 18 touchdowns and averaged 272.5 yards per game. "They're a very proud program and they've got a lot of history with them," Schrader said about the Kiel Baltic Hurricanes. "I want to do my best to continue that and compete for the German Bowl Championship as well as another Euro Bowl Championship." —**Riley Cole**/*TRUMPET*

Clay Cook defends a Simpson player during an Iowa Conference matchup last year. In his final season as a Knight, Cook recorded a team-high .565 field goal shooting percentage and 243 rebounds. "I saw this semi-pro league started up and there was going to be a team coming to Waterloo. I thought here is my perfect chance to keep going and I was lucky enough to get signed and I am pretty excited for the opportunity," Cook said. —**File photo**

Wartburg grapples in 'Battle of the Burgs'

Top-ranked Knights defend Swens-Milboy Belt, beat Augsburg 29-10

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The number one ranked Wartburg Knights defeated seventh-ranked Augsburg College in the "Battle of the Burgs" on Feb. 4. Wartburg took home the Swens-Milboy Belt by winning seven of ten matches, with a team score of 29-10.

"There's some things we got to get better at," Eric Keller, head wrestling coach, said. "The guys that won and the guys that lost, they're hungry. This is a good indication we got to get better."

The dual started at 157 pounds.

Drew Wagenhoffer suffered his first loss of the season by a 7-6 decision in overtime against Grant Parker in the 157-pound bout.

At 165 pounds, former IIAC male athlete of the week and undefeated Nick Michael won 16-1 against Augsburg's 10th-ranked Eric Hensel. Michael moved his winning streak to 21 in a row.

At 174 pounds, Eric DeVos, current Iowa Conference wrestler of the week, won by fall at :26 seconds against Austin Boniface, which increased his win streak to 16. With his 26-second pin, DeVos got his fourth-fastest pin of the season.

At 184 pounds, Bryan Levsen earned his 20th win of the season by a 4-3 decision against Augsburg's Sebastian Larson.

Second-ranked Gerard Roman won 18-0 by a tech fall at 1:52 against the Auggies' Logan Hortop in the 197-pound bout. This earned Roman his ninth technical fall of the season and 25th in his career, which ranks second-best in Wartburg's program.

At 285 pounds, Wartburg's Ben Nagle was defeated by top-ranked and defending national champion, Donny Longendyke of Augsburg by a 9-1 major decision.

At 125 pounds, James Gorman of Augsburg won by a 9-7 decision over Wartburg's Arnulfo Olea.

In the 133-pound bout, Connor Campo earned his 24th season victory in a 7-4 decision against Sam Bennyhoff of Augsburg.

At 141 pounds, Kaz Onoo moved his winning streak to 14 by a 15-3 major decision against Aaron Wilson of Augsburg.

Kenny Martin won by a 9-7 decision against the Auggies' Rashad Kennedy at 149 pounds.

Martin said he had some things to work on after the match, but is looking forward to working up to the Division III National Wrestling Championships in March.

"I'm feeling good when I'm out there. But I know to get that national title you got to up it up a level," Martin said.

The attendance at the match was 2,200 people.

Wartburg takes the lead in the all-time series at 16-15 and has won the last seven straight meetings against Augsburg.

Since the Swens-Milboy Belt was part of the Battle of the Burgs dual, the orange and black have kept it in Waverly, by winning last year and this year's dual.

Arnulfo Olea tries to move from the bottom against Augsburg's James Gorman in the bout at 125. —**Erica Dynes**/*TRUMPET*

Wartburg will host their final Iowa Conference dual of the season on Feb. 12 against Loras in Levick Arena.

The Knights have secured a share of the Iowa Conference title, which would be the program's 25th-consecutive title. Wartburg has also won 187 consecutive IIAC duals.

Gerard Roman makes a move on Logan Hortop of Augsburg during the "Battle of the Burgs" dual on Feb. 4.—**Erica Dynes**/*TRUMPET*

Bryan Levsen wrestles against Augsburg's Sebastian Larson. Levsen got the victory by a 4-3 decision at 184. —**Erica Dynes**/*TRUMPET*

WEEKLY SCHEDULE
Wednesday-Feb. 10
WBB vs. Loras, 6 p.m.
MBB vs. Loras, 8 p.m.
Friday-Feb. 12
WR vs. Loras, 7 p.m.
Saturday-Feb. 13
MTF @ Grinnell, TBD
WTF @ Grinnell, TBD
WBB @ Central, 2 p.m.
MBB @ Central, 4 p.m.

IIAC WBB STANDINGS		
Luther	16-5	8-2
Loras	14-7	7-3
Buena Vista	13-8	7-3
Simpson	13-8	6-4
Wartburg	15-6	5-5
Coe	13-8	4-6
Dubuque	7-14	2-8
Central	4-17	1-9

IIAC MBB STANDINGS		
Dubuque	15-6	8-2
Simpson	13-8	6-4
Loras	11-10	6-4
Central	14-7	5-5
Wartburg	12-9	5-5
Luther	5-16	4-6
Buena Vista	8-13	3-7
Coe	8-13	3-7

IIAC WRESTLING STANDINGS		
Wartburg	18-0	6-0
Luther	12-5	5-1
Coe	11-5	4-2
Central	8-3	3-3
Dubuque	13-9	3-3
Buena Vista	3-8	1-4
Loras	1-12	1-4
Simpson	2-10	0-6

IOWA CONFERENCE HONORS

The Wartburg wrestling team had another wrestler named the Iowa Conference wrestler of the week.

Eric DeVos

Eric DeVos received the honor by upsetting Coe's top-ranked Ryan Harrington by a 3-2 decision.

After his win against the Kohawk, DeVos upped his win streak to 15.

The orange and black shut out Coe on Jan. 29, for the team's eighth shutout of the season, winning 33-0.

This was DeVos' second wrestle of the week honor this season.

DeVos is ranked third in the nation.

FOOTBALL

Wartburg's football program has been tabbed as the best in the state, according to Hero Sports.

On herosports.com, Wartburg was named the best team in Iowa because of their dominance in the Iowa Conference over the last 15 years.

Wartburg has won at least a share of the Iowa Conference title seven of the last 15 seasons.

The Knights edged Central by 0.01 points to get this honor.

For results from this weekend, go to www.wartburgcircuit.org.